

Full Report (All Nutrients) 45043694, TGI FRIDAYS, SWEET POTATO SKINS, ORIGINAL, UPC: 720495929715

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Report Date: May 17, 2017 21:09 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer TGI FRIDAYS

Nutrient	Unit	Data points	Std. Error	1 oz 28g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	140	500
Protein	g	--	--	1.00	3.57
Total lipid (fat)	g	--	--	8.00	28.57
Carbohydrate, by difference	g	--	--	16.00	57.14
Fiber, total dietary	g	--	--	1.0	3.6
Sugars, total	g	--	--	2.00	7.14
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.36	1.29
Sodium, Na	mg	--	--	110	393
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	3.6	12.9
Vitamin A, IU	IU	--	--	2500	8929
Lipids					
Fatty acids, total saturated	g	--	--	1.00	3.57
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

SWEET POTATO POWDER, POTATO POWDER, POTATO STARCH, CORN, SOYBEAN OIL AND/OR SUNFLOWER OIL, CORN MEAL, CANE SUGAR, MOLASSES POWDER, SALT, RICE FLOUR, NATURAL FLAVORS, LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS, NATURAL FLAVORS), EXTRACTIVES OF PAPRIKA. *Date Last Updated by Company: 12/15/2015*